IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

In re application of: Dennis Smith) I hereby certify that this paper, addressed to) the Commissioner for Patents, P.O. box
Serial No: 10/813,947) 1450, Alexandria, Virginia 22313-1450, is) being deposited with the United States Patent
Filed: March 31, 2004) and Trademark Office's e-filing website) (EFS-Web) on the date of:
Art Unit: 3764)
Examiner: Lori Baker Amerson) April 19, 2007
For: EXERCISE ELEMENT) Abward Porkman) Howard Rockman
) Reg. No. 22,190
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RESPONSE TO OFFICE ACTION DATED OCTOBER 19, 2006

Commissioner for Patents P. O. Box 1450 Alexandria, VA 22313-1450

Dear Sir:

This paper is being filed in response to the Office Action dated October 19, 2006.

Amendments to the Specification begin on page 2 of this paper.

Amendments to the Claims are reflected in the listing of claims, which begins on page 4 of this paper.

Amendments to the Drawings begin on page 8 of this paper and include both an attached replacement sheet and annotated sheet showing changes.

Remarks/Arguments begin on page 9 of this paper.

An Appendix including amended drawing figures is attached following page 18 of this paper.